ALBERTA MENTAL HEALTH BOARD

open minds

WINTER 2008 | NEWSLETTER

Message from the President and CEO

Ray Block

Taking the old calendar off the wall and replacing it with a new one causes many of us to reflect on what happened over the last year and look forward to what will happen in the coming year.

The past year has been an extremely busy one for board members and staff at the AMHB. Details about the initiatives we undertook over the past year are in our recently released annual report, which you can find on the AMHB Website at **www.amhb.ab.ca/publications/reports/annualreports**.

Autumn kicked off with a focus on increasing awareness of mental health in the workplace, during Mental Health Awareness Week, September 30 to October 7.

Also this fall, four candidates were in our province to be considered for positions as part of the Alberta Centennial Research Chairs Program. The goal of the program is to help ensure that our health system has access to strong and credible research that provides a foundation for effective mental health programs. These superb candidates made presentations at the universities of Alberta, Calgary, and Lethbridge. We are expecting that announcements on chair positions will be made in the first part of the new year.

Many representatives from organizations we partner with were among those attending our third annual Mental Health Research Showcase in Banff this past November. I am pleased to report that the conference was once again filled to capacity and those who attended were treated to two-and-a-half days of world class speakers and topics. Details about the conference can be found in this edition of our newsletter. I encourage you to mark your calendar for the next Showcase, November 19-21, 2008.

The past few months have also been exciting ones for the Mental Health First Aid Canada Program. Betty Kitchener from Australia, one of the cofounders of the program, was in Alberta in November. During her time here, she participated in a webinar attended by over two hundred people, during which she spoke about and answered questions about the program. Segments from the webinar were recorded and can be viewed on the MHFA Canada Website at **www.mentalhealthfirstaid.ca**.

I am also pleased to report that we completed work updating a publication on mental health economic statistics, in partnership with the Institute of Health Economics. An electronic version of the booklet can be found on our website at **www.amhb.ab.ca/publications**.

And we have begun making available to professionals a tool to assist them, those they work with, and families addressing behavior issues in children – the web-based Child and Adolescent Behavior Toolbox. More information can also be found in the publications and resources section of our website at **www.amhb.ab.ca/publications**.

We are also looking forward to initiatives planned for early in the new year. In the coming weeks, we will be holding our first awards for teens who submitted creative written work, art, and photography at the *Grip* X-Press Awards Gala. *Grip*, as many of you know, is a magazine for teens, written by teens, which we sponsor. Stay tuned for an article about the recipients in the next edition of *Grip* (**www.griponlife.ca**).

With the new year now upon us, it is my pleasure to extend every blessing for the new year on behalf of board members and staff at the AMHB. We look forward to a great 2008!

Successful Mental Health Research Showcase

Annual Event Attracts Presenters and Participants From Around the World

Ray Block

members and staff at the AMHB. Details about the initiatives we undertook over the past year are in our recently released annual report, which you can find on the AMHB Website at **www.amhb.ab.ca/publications/reports/annualreports**.

Autumn kicked off with a focus on increasing awareness of mental health in the workplace, during Mental Health Awareness Week, September 30 to October 7.

Also this fall, four candidates were in our province to be considered for positions as part of the Alberta Centennial Research Chairs Program. The goal of the program is to help ensure that our health system has

days of world class speakers and topics. Details about the conference can be found in this edition of our newsletter. I encourage you to mark your calendar for the next Showcase, November 19-21, 2008.

The past few months have also been exciting ones for the Mental Health First Aid Canada Program. Betty Kitchener from Australia, one of the cofounders of the program, was in Alberta in November. During her time here, she participated in a webinar attended by over two hundred people, during which she spoke about and answered questions about the program. Segments from the webinar were recorded and can be viewed on the MHFA Canada Website at **www.mentalhealthfirstaid.ca**.

We are also looking forward to initiatives planned for early in the new year. In the coming weeks, we will be holding our first awards for teens who submitted creative written work, art, and photography at the *Grip* X-Press Awards Gala. *Grip*, as many of you know, is a magazine for teens, written by teens, which we sponsor. Stay tuned for an article about the recipients in the next edition of *Grip* (**www.griponlife.ca**).

With the new year now upon us, it is my pleasure to extend every blessing for the new year on behalf of board members and staff at the AMHB. We look forward to a great 2008!

Successful Mental Health Research Showcase

Annual Event Attracts Presenters and Participants From Around the World

Educational and inspirational!

Those were the two words chosen to sum up the third annual Mental Health Research Showcase, from November 21 to 23 in Banff. For two-and-a-half days, forum participants learned about current research, best practices, and innovations in mental health.

The Showcase supports the Alberta Mental Health Research Partnership Program's vision – to generate and apply world-class research to enhance outcomes for people with mental illness, and to improve the system of care and the mental health of the general population.

The Alberta Mental Health Board hosted the event in partnership with the Alberta Alcohol and Drug Abuse Commission, British Columbia Mental Health and Addictions Services, and Saskatchewan Health.

Showcase participants had the opportunity to view and ask questions about posters that were put on display by a number of organizations

Through the generosity of numerous sponsors, conference organizers were able to support post-secondary students studying in mental health-related fields and consumers to attend, learn about current issues, and engage in dialogues with expert researchers in the field.

The Showcase sold out, with over 400 delegates from various mental health disciplines and sectors in attendance. Service providers, researchers, policy makers, consumers of mental health services and others participated in the conference, which is quickly becoming known as one of the premiere events for the mental health community to make connections and exchange knowledge.

"The incredible collaboration between the partners involved in holding this event is what continues to make it such a tremendous success," says AMHB Vice-President of Programs and Research and Showcase Chair, Laurie Beverley. "The commitment of the organizers and presenters, and the keen interest of the participants, gives us an opportunity to focus on bridging the gap between evidence and practice."

continued on back page

Former first lady Margaret Trudeau sets tone for stellar Showcase.
See story on back page

In This Issue

New Tool for Working with Children and Adolescents with Behavior Difficulties

Young Alberta Writers and Artists Take to the Stage

Refurbished Website Sports New Look and Valuable Information

Conference Highlights Mental Health in the Workplace

Hundreds Tune In To Mental Health First Aid Webinar

CABT – The Internet Gateway to Behavior Solutions

Dr. David Erickson noticed in his work as a counselor and clinical psychologist that health professionals, teachers, and parents were all looking for specific strategies for assisting children and youth with behavioral and developmental problems.

He saw a need for an easily accessible computer database of intervention strategies and solutions that could be applied to a number of settings, from home to school. The Internet provided a great platform for administering and delivering such a database.

Erickson teamed up with a long time friend and former colleague with the computer savvy to successfully develop and deliver the Child and Adolescent Behavior Toolbox (CABT). CABT is an online, interactive, easy-to-use software tool that boasts a comprehensive collection of intervention recommendations, references, and resources – with just a click of the mouse.

"It's like having a library of strategies available at your fingertips that one can quickly personalize for the young mental health clients we serve," says Dr. Teresita Jose from the Calgary Health Region. "This is the most useful, time-saving resource ... and it serves to enhance and facilitate focused collaboration with the child/adolescent, their parents, and other stakeholders involved in their care."

The CABT is used by physicians, mental health professionals, mental health promotion professionals, and school personnel.

As research points to new strategies, the software is updated with the titles of new books, articles, and websites. This is accomplished in consultation with a number of professionals, including teachers, dieticians, occupational therapists, speech and language pathologists, psychologists and social workers. This collaborative input and effort is how the toolbox can then offer a wide range of intervention strategies appropriate for professionals with varying levels of expertise.

Key benefits of the CABT:

- It's free for the user, easy to use, and can be accessed all of the time, wherever internet service is available.
- It provides a wide range of intervention strategies appropriate for professionals with varying levels of expertise.
- Clinicians can sit down with parents and they can use the tool together. For example, strategies for dealing with anxiety can be printed off and discussed during a therapy session.
- It can facilitate consultation and communication between clinicians and other professionals in a timely and cost effective manner.
- As new strategies and evidence emergence, the tool is updated with the most current research.

"It's like having a library of strategies available at your fingertips."
Dr. Teresita Jose , Calgary Health Region

The Alberta Mental Health Board has purchased this toolbox for use by professionals in the province who work with children and adolescents and has placed the toolbox on the AMHB Website. Those who have received a username and password can log on to **www.amhb.ab.ca** to access and begin to use this exciting new tool. Or simply key-in "CABT" from the website search menu.

For more information, contact Beth Evans, Director of Mental Health Promotion at the AMHB, at (403) 297-2320 or **beth.evans@amhb.ab.ca**.

Grip X-Press Awards to honour outstanding youth talent

The magazine that gave youth a voice will be giving teens a head start in their burgeoning creative careers. The Alberta Mental Health Board and Venture Publishing have launched the *Grip* X-Press Awards, an initiative of *Grip* magazine.

Grip is an award-winning magazine that is unique because it is written by youth, for youth. All of its

Building on the success of *Grip*, the AMHB and Venture Publishing launched the *Grip* X-Press Awards in October. The awards are open to youth aged 13-19. The award categories are: best written article (non-fiction), best short story or poetry (fiction), and best photograph or illustration.

The 2007 contest deadline for entries was December

SLR camera, as well as vie for a prestigious internship at Venture Publishing. They will also have their entry published in the Winter 2008 issue of *Grip*.

For more information about the contest and the magazine, visit **www.griponlife.ca**

with the child/adolescent, their parents, and other stakeholders involved in their care."

The CABT is used by physicians, mental health professionals, mental health promotion professionals, and school personnel.

As research points to new strategies, the software is updated with the titles of new books, articles, and strategies for dealing with anxiety can be printed off and discussed during a therapy session.

- It can facilitate consultation and communication between clinicians and other professionals in a timely and cost effective manner.
- As new strategies and evidence emergence, the tool is updated with the most current research.

www.amhb.ab.ca to access and begin to use this exciting new tool. Or simply key-in "CABT" from the website search menu.

For more information, contact Beth Evans, Director of Mental Health Promotion at the AMHB, at (403) 297-2320 or **beth.evans@amhb.ab.ca**.

Grip X-Press Awards to honour outstanding youth talent

The magazine that gave youth a voice will be giving teens a head start in their burgeoning creative careers. The Alberta Mental Health Board and Venture Publishing have launched the *Grip* X-Press Awards, an initiative of *Grip* magazine.

Grip is an award-winning magazine that is unique because it is written by youth, for youth. All of its content is driven by a youth advisory council, made up of teens from across Alberta. Stories shared in *Grip* are on topics such as depression, cyber safety, and building communication skills.

Demand for *Grip* has increased steadily since its launch in 2006. Over 60,000 copies are now distributed to schools, libraries, and other places frequented by youth throughout the province.

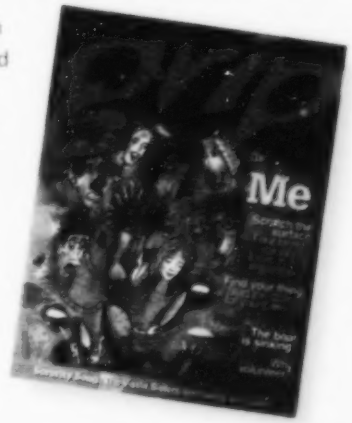
Building on the success of *Grip*, the AMHB and Venture Publishing launched the *Grip* X-Press Awards in October. The awards are open to youth aged 13-19. The award categories are: best written article (non-fiction), best short story or poetry (fiction), and best photograph or illustration.

The 2007 contest deadline for entries was December 3. Over 150 entries were received. Winners will be announced at a gala event on January 17, 2008.

"The level of talent displayed in the entries is really encouraging. Alberta's youth have so much talent and creativity," said Ruby Brown, AMHB Vice-President of Advocacy, Innovation and Monitoring. "The *Grip* X-Press Awards honours their contributions."

Winners will receive a laptop computer or a digital SLR camera, as well as vie for a prestigious internship at Venture Publishing. They will also have their entry published in the Winter 2008 issue of *Grip*.

For more information about the contest and the magazine, visit **www.griponlife.ca**.



AMHB website receives a complete revamp

The Alberta Mental Health Board has completely revamped its website at **www.amhb.ab.ca**.

The new website offers a fresh look as well as new information and resources intended to meet the needs of a varied audience, including key stakeholders, health care providers, health regions, employers and employees in the workplace, research organizations, universities and academics, and elementary and secondary school educators.

You can learn more about mental health, the state of mental health in the province, community organizations that support mental health, and more by checking out sections like "Support and Knowledge" and "Mental Health in Alberta".

From the AMHB homepage, viewers can also access the newly developed Alberta Mental Health Research Partnership Program (AMHRPP) Website at **www.mentalhealthresearch.ca**. AMHRPP is committed to improving mental health outcomes by increasing the capacity for mental health service and research and the website offers information and links on this topic.

Mental Health First Aid (MHFA) Canada's Website at **www.mentalhealthfirstaid.ca** can also be accessed from the AMHB homepage. The MHFA Website is a hub of information about this program and offers a space where instructors can log in to access valuable resources and take part in an interactive discussion board with their fellow instructors from across the country. It's the perfect place to get and share information about the program.

A common theme emerges from the wealth and depth of information on the website – a dedication to advancing mental health by bringing it to the forefront of the health care arena.

AMHB is continually looking at and implementing enhancements that make the site a prime location for people around the world interested in mental health.

Those with suggestions or feedback about the website are encouraged to contact the website team at **info@amhb.ab.ca**.

Award is a deserved accolade for Executive Medical Director

AMHB Executive Medical Director, Dr. Roger Bland

Alberta Mental Health Board Executive Medical Director Dr. Roger Bland recently added to an already impressive list of honours by receiving a prestigious award for suicide prevention research from the Canadian Association for Suicide Prevention (CASP).

"Dr. Bland continues to have a very distinguished career in psychiatry," says AMHB President and Chief Executive Officer, Ray Block. "Albertans with mental illness and their families, mental health service providers, and mental health academics and researchers are all fortunate to have someone with his experience and expertise living and working in our province."

During Dr. Bland's career, which has spanned more than three decades, he has held numerous key positions in the mental health field.

His experience includes periods as an assistant deputy minister of mental health for the provincial

worked to improve the lives of individuals with mental illness through his work at community clinics and general hospital inpatient and outpatient services, as well as at Alberta Hospital Edmonton and Alberta Hospital Ponoka.

The CASP Award was presented to Dr. Bland at the association's conference in Yellowknife in October. Being selected as the recipient follows a process where researchers from across the country are able to nominate and celebrate the accomplishments of a fellow researcher who has made an outstanding contribution to the field of suicide research in Canada.

To be considered for the award, the complete body of work throughout the research career of the nominee is considered. The nominee's work must have yielded knowledge that resulted in, or is expected to result in, a reduction of suicide and/or its harmful effects.

"It's our honour to recognize the passion and commitment shown by Dr. Bland," says Dr. Marnin Heisel, CASP Vice-President and Research Committee Chair. "We are proud that this award has been added to his many achievements."

"Dr. Bland is well-respected and well-recognized among his peers across Canada " adds Dr. Paul Links, Arthur Sommer Rotenberg Chair in Suicide Studies and Past President of CASP. "Over the course of his career, he has made significant contributions to our understanding of suicide and attempted suicide. His research has provided a richer understanding of psychiatric disorders, particularly schizophrenia, and also of service utilizations and help seeking."

Awards that Dr. Bland has previously received include the Alberta Medical Association's Medal of Distinguished Service, the Alexander Leighton Award from the Canadian Academy of Psychiatric Epidemiology and the Canadian Psychiatric Association, and the Michael Smith Award from the Schizophrenia Society. He has also earned the Canadian Medical Association's Senior Member Award.

Mental Health in the workplace addressed at conference

Tod Maffin shared his thoughts with conference participants.

There were many laughs and even some tears from delegates at the Alberta Mental Health Board's Minding the Workplace Conference on October 3.

Approximately 130 people from diverse sectors such as human resources, health care, and occupational health and safety attended the workplace wellness conference in Edmonton to learn about healthy workplaces and tools that can be used to achieve them.

The one-day conference featured keynote speakers Janice Stein, Director of the Munk Centre for International Studies at the University of Toronto; futurist Tod Maffin; and Judith MacBride-King, a recognized expert in human resources and management.

Delegates also had the opportunity to attend breakout sessions on tools to apply in the workplace, such as Men at Risk and Mental Health First Aid Canada. Summaries of all the presentations are available on the AMHB

AMHB Executive Medical Director, Dr. Roger Bland

Alberta Mental Health Board Executive Medical Director Dr. Roger Bland recently added to an already impressive list of honours by receiving a prestigious award for suicide prevention research from the Canadian Association for Suicide Prevention (CASP).

"Dr. Bland continues to have a very distinguished career in psychiatry," says AMHB President and Chief Executive Officer, Ray Block. "Albertans with mental illness and their families, mental health service providers, and mental health academics and researchers are all fortunate to have someone with his experience and expertise living and working in our province."

During Dr. Bland's career, which has spanned more than three decades, he has held numerous key positions in the mental health field.

His experience includes periods as an assistant deputy minister of mental health for the provincial government and various academic appointments in the U of A Department of Psychiatry. He has also

commitment shown by Dr. Bland," says Dr. Martin Heisel, CASP Vice-President and Research Committee Chair. "We are proud that this award has been added to his many achievements."

"Dr. Bland is well-respected and well-recognized among his peers across Canada," adds Dr. Paul Links, Arthur Sommer Rotenberg Chair in Suicide Studies and Past President of CASP. "Over the course of his career, he has made significant contributions to our understanding of suicide and attempted suicide. His research has provided a richer understanding of psychiatric disorders, particularly schizophrenia, and also of service utilizations and help seeking."

Awards that Dr. Bland has previously received include the Alberta Medical Association's Medal of Distinguished Service, the Alexander Leighton Award from the Canadian Academy of Psychiatric Epidemiology and the Canadian Psychiatric Association, and the Michael Smith Award from the Schizophrenia Society. He has also earned the Canadian Medical Association's Senior Member Award.

From BC to Newfoundland/Labrador, MHFA Canada goes live

Mental Health First Aid

Telemental health technologies are opening doors around the country, as an event held this fall demonstrated.

The Alberta Mental Health Board held a virtual Mental Health First Aid (MHFA) Canada Web Seminar on November 19.

The 90-minute program was broadcast live across the country on a password-protected website, allowing registrants, regardless of where they were located, to participate in the seminar.

The live broadcast also allowed registrants the added perk of submitting questions to the expert panel in real-time. Registrants were able to see both the speaker and his or her PowerPoint presentation simultaneously during the broadcast.

Featured speakers at the web seminar included Betty Kitchener, founder of MHFA Australia; Gail Eastman and Louise Nieder-Heitmann, Master Facilitators of MHFA Canada; and Mel Slomp, Director of Information Management at the AMHB. Registrants were given an overview of the program, how it's been adapted for Canada, and a summary on its ongoing evaluation.

Over 240 registrants tuned into the web seminar from the comfort of their home or office.

"This is an exciting technology that helped us reach people from B.C. to Labrador," said Ruby Brown, Vice-President of Advocacy, Innovation and Monitoring. "The convenience of being able to log on to a secure website allowed us to reach individuals who might otherwise not have been able to participate."

A recording of the web seminar can be viewed online at **www.mentalhealthfirstaid.ca**.

Tod Maffin shared his thoughts with conference participants.

There were many laughs and even some tears from delegates at the Alberta Mental Health Board's Minding the Workplace Conference on October 3.

Approximately 130 people from diverse sectors such as human resources, health care, and occupational health and safety attended the workplace wellness conference in Edmonton to learn about healthy workplaces and tools that can be used to achieve them.

The one-day conference featured keynote speakers Janice Stein, Director of the Munk Centre for International Studies at the University of Toronto; futurist Tod Maffin; and Judith MacBride-King, a recognized expert in human resources and management.

Delegates also had the opportunity to attend breakout sessions on tools to apply in the workplace, such as Men at Risk and Mental Health First Aid Canada. Summaries of all the presentations are available on the AMHB Website at **www.amhb.ab.ca**.

"We recognize that factors such as the strong economy and the worker shortage have added additional stressors onto the workforce in Alberta," said Dr. Doug Watson, Executive Medical Director, AMHB. "Mental Health First Aid Canada and Men at Risk are two tools that are currently implemented across the province to address workplace mental health."

While the audience was diverse, their responses were the same – that addressing the topic of workplace mental health is long overdue. This was evident in the participants' comments, with many requesting that similar conferences be held throughout the province.

What participants said served to confirm what is increasingly being recognized – workplace mental health is a concern to both large and small businesses and to the health sector. It's no wonder. Mental health problems affect every organization's bottom line. They are the leading cause of disability in our workplaces. Great-West Life Assurance Company estimates 30 per cent of disability claims relate to mental illnesses.

For more information about AMHB workplace wellness initiatives, visit **www.amhb.ab.ca**.

Successful Showcase...
Continued from front

This year's Showcase focused on four priority themes:

- Mental health services in primary health care
- Mental health in an aging population
- Mental health and addictions in the workplace
- Wellness, promotion, and prevention

Delegates and presenters came from across the country and as far away as the United States, Australia, Sweden, and the Netherlands.

A summary of key learnings from the two-and-a-half day event was provided by AMHB Executive Medical Director Dr. Doug Watson, Dr. Gavin Andrews from the School of Psychiatry at the University of New South Wales, Australia, and Steven Lewis, President of Access Consulting.

Key takeaways they identified under the four theme areas included:

Mental Health and Primary Health Care

- Housing for those with a mental illness continues to be an essential element for recovery.
- Mental health innovations around the world must be better accessed to expedite care.
- Mental health practitioners must work beyond the traditional boundaries of health.

Mental Health in an Aging Population

- Services must be put in place now to address mental health concerns that will continue to increase with an aging population.

Mental Health and Addictions in the Workplace

- Every workplace needs a comprehensive plan for monitoring and managing workplace mental health.
- Corporate leaders need to be engaged in exploring solutions to reduce the rate of workplace mental illness and addictions, given

Former first lady sets tone for stellar Showcase

Margaret Trudeau opened the 2007 Showcase with an honest and inspirational keynote address.

The Canadian former first lady gained celebrity status when at twenty-two, she married Pierre Trudeau. Shortly after having her first child, she began battling the debilitating effects of mental illness that was left unchecked for years until it was finally diagnosed as bipolar disorder. She helped kick off the conference by taking the audience through her life experience of living with mental illness.

"I am not cured, but I now have the tools to manage my condition," she said, explaining that the help she feels she received for her bipolar disorder has inspired her to work to reduce the stigma surrounding mental illness.

"We have to encourage others to talk about it and break the silence," she said. "People with mental illness can't do it alone."

Trudeau's presentation took conference participants down a journey describing how her relationships and events in her life were affected by her bipolar disorder.

Margaret Trudeau's keynote address helped open the 2007 Showcase

She concluded that the turning point was when she finally got the right treatment. She explained how she was able to come out of the darkness of depression thanks to a doctor who helped her make changes in her life, prescribed an effective combination of medication, helped her understand how her body and

"We have to encourage others to talk about it and break the silence. People with mental illness can't do it alone."
Margaret Trudeau

"The shame is not having a mental illness. The shame is not getting the treatment," she concluded. "Because with the right treatment and support, you can start having the first glimmers of hope in overcoming mental illness."

continues to be an essential element for recovery.

- Mental health innovations around the world must be better accessed to expedite care.
- Mental health practitioners must work beyond the traditional boundaries of health.

Mental Health in an Aging Population

- Services must be put in place now to address mental health concerns that will continue to increase with an aging population.

Mental Health and Addictions in the Workplace

- Every workplace needs a comprehensive plan for monitoring and managing workplace mental health.
- Corporate leaders need to be engaged in exploring solutions to reduce the rate of workplace mental illness and addictions, given the economic impacts.

Wellness, Promotion, and Prevention

- Acknowledging adverse childhood experiences on mental health and providing children with a solid foundation for good mental health are paramount to prevention and wellness.

Planning for the fourth annual Showcase conference is already underway.

Mark your calendars for November 19 to 21, 2008!

Handouts and Abstracts

A number of speaker handouts and abstracts from the conference can be found online at **www.amhb.ab.ca/showcase**

"We have to encourage others to talk about it and break the silence," she said. "People with mental illness can't do it alone."

Trudeau's presentation took conference participants down a journey describing how her relationships and events in her life were affected by her bipolar disorder.

She concluded that the turning point was when she finally got the right treatment. She explained how she was able to come out of the darkness of depression thanks to a doctor who helped her make changes in her life, prescribed an effective combination of medication, helped her understand how her body and mind worked, and ensured that nutrition and exercise was an important part of her daily regimen. At the end, she "started looking up instead of looking down."

"We have to encourage others to talk about it and break the silence. People with mental illness can't do it alone."
Margaret Trudeau

"Life had thrown me some very hard curve balls and one of the hardest things for me to do was to forgive myself and get on with my life," she explained.

"It all started to get better by pulling together the theory of healing the body, mind, and spirit, and realizing you can't have physical health without mental health"

Trudeau left several thoughts with those attending the conference. She stressed the importance of self-monitoring versus self-medicating when treating mental illness, highlighted the need to find humor in life when things become stressful, and lobbied for continued advances in eliminating the stigma of mental illness, such as establishing walk-in mental health clinics comparable to those for physical health problems.

Margaret Trudeau's keynote address helped open the 2007 Showcase

"The shame is not having a mental illness. The shame is not getting the treatment," she concluded. "Because with the right treatment and support, you can start having the first glimmers of hope in overcoming mental illness."

AMHB Board Members

Dr. Jean Ference (chair)
Dave Mikkelsen (vice-chair)
Sharon Steinhauer
Louise LaForce-Fertig
Jerry Preston
Alan Fielding
Dr. Ruth Taylor
Harold McBain
Heather Forsyth

If you wish to contact a Board Member, call Lois Facco at the AMHB Board Office:
(780) 917-4111
lois.facco@amhb.ab.ca

AMHB
ALBERTA MENTAL HEALTH BOARD
...Advancing Mental Health

Edmonton Corporate Office
Alberta Mental Health Board
Suite 700, Manulife Place,10180 - 101 Street
Edmonton, Alberta, T5J 3S4
Phone: 780.422.2233
Fax: 780.422.2472

Calgary Office
Alberta Mental Health Board
Main Floor, Dorchester Square, 1333 - 8 Street S.W.
Calgary, Alberta, T2R 1M6
Phone: 403.297.3678
Fax: 403.297.4617

Lethbridge Office
Alberta Mental Health Board
#1101, 400 - 4 Avenue South
Lethbridge, Alberta, T1J 4E1
Phone: 403.382.4497
Fax: 403.382.4481

Ponoka Office
Alberta Mental Health Board
Telemental Health Services
P.O. Box 1000
Ponoka, Alberta, T4J 1R8
Phone: 403.783.7731
Fax: 403.783.7641

If you have story suggestions, questions or comments to assist us with future issues, please contact: Josephine Lamy at josephine.lamy@amhb.ab.ca.